

Here are facts that interest the mother and father of every child in America—

Are you paying enough attention to the energy value of your children's food?



THE SCIENCE OF PROPER NUTRITION is one of the most modern of all exact sciences. We are finding out new things about food every day.

Just to eat *any* kind of food isn't enough. You must eat the *right* kind of food to get the best nutritive results. There are foods that build up the system, and there are other foods that supply heat and energy to run the system.

The most important of all these energy foods is *Dextrose*, the fully converted sugar that is absorbed directly into the blood.

What Is Dextrose?

You could not live long without Dextrose. The starch and sugar in all the food you eat—bread, vegetables, rice, potatoes or fruit—must be changed into Dextrose before your system can use it as an energy food.

These are scientific facts, supported by the very highest authorities.

There is a very large percentage of Dextrose in Karo syrup and Karo itself, in a form to be most easily digested and absorbed into the system.

This is why food experts everywhere are recommending Karo—the great energy food for children, as well as for everyone who works hard and uses up a lot of vitality.

Why Children Must Have Plenty of Nourishing Food

Children need more food than adults. Their active life and more rapid growth demand, in proportion to their weight, just about twice the amount of food a grown person needs.

A child uses up a lot of energy in active play and study. This explains the perfectly natural craving of almost every normal child for sweets such as Karo. The best sweets a child can have are those most easily digested and converted into Dextrose. This is one reason why over two hundred million cans of Karo were sold last year.

What Some Authorities Say About Karo and Dextrose

Dr. Edwin F. Bowers, noted writer on foods, says: "Karo is one of the most valuable of all energy foods for growing children. It is unusually palatable, and its heavy dextrose content makes it an ideal food for little human dynamos in short dresses and knickerbockers."

Dr. William H. Porter, authority on food and diet, says that dextrose "develops increased resistance to fatigue and a greater capacity for sustained mental and physical effort. The nervous system shows more stability. Children seem to develop a better color, as well as an increase in the appetite and in the capacity for assimilating food."

Dr. William J. Gies, Professor of Chemistry at Columbia Medical School, says: "Quantities of dextrose, equal to reasonably large shares of the requirements for heat-yielding material, may be eaten daily, indefinitely, with high nutritive advantage."

Give your children all the Karo that Nature tells them to eat.

Serve Karo on well-done pancakes. Spread Karo on sliced bread. Make Karo into pure home-made candies, and use Karo in all your cooking and baking.

It will make children sturdy and robust and more active for work, play or growth.

There are three kinds of Karo—one quality—a flavor for every taste.

Get acquainted with the three kinds of Karo by reading the following description. Your grocer sells all three kinds.

BLUE Karo

The standard table syrup. Also for cooking, baking and candy making. Light brown color, delicious flavor—a heavy-bodied syrup.

GREEN Karo

Flavored with highest grade real maple sugar. Very moderate in price—absolutely pure. The makers of Karo are the world's largest users of the highest grade maple sugar—over a thousand tons used annually.

RED Karo

The Ideal Syrup for every use—for cooking, baking, candy making and preserving. Because of its honey-like appearance many prefer it as a spread for cakes, biscuits, breads.

YOUR PROTECTION

Do not be deceived by cans containing syrup that might look like Karo. The name "Karo" is on every can of original Karo—look for it, and be assured of full weight cans and highest quality.

To Mothers: Do not fail to fill in the coupon below for the interesting booklet about the food value of Dextrose and Karo, which will be sent to you together with the New Corn Products Cook Book.



FREE

A booklet every parent should read. Tells all about the wonderful value of Karo; explains the meaning of Dextrose and why children thrive on it. Sent free with the beautiful illustrated Corn Products Cook Book of 64 pages. Write CORN PRODUCTS REFINING CO., ARGON, ILL.

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